

“Reset”
Cornerstone Church of Poway
Pastor Joey Orate
December 5, 2021

1. Renew your Mind

Romans 12:2 (NIV)

² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Ephesians 4:22-24 (NIV)

²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Colossians 3:2-5 (NLT)

² Set your mind on things of heaven, not the things of earth. ³ For you died to this life, and your real life is hidden with Christ in God. ⁴ And when Christ, who is your life, is revealed to the whole world, you will share in all his glory.

2. Restore your Heart

Proverbs 4:23 (NIV)

²³ Above all else, guard your heart,
for everything you do flows from it.

Proverbs 23:26 (NIV)

²⁶ My son, give me your heart
and let your eyes delight in my ways

Psalms 51:10 (NIV)

¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Psalm 73:26 (NIV)

²⁶ My flesh and my heart may fail,
but God is the strength of my **heart**
and my portion forever.

Psalm 37:4 (NIV)

⁴ Take delight in the LORD,
and he will give you the desires of your **heart**.

3. Refresh your Soul

Psalm 19:7 (NIV)

⁷ The law of the LORD is perfect,
refreshing the **soul**.

Deuteronomy 4:29 (NIV)

²⁹ But if from there you seek the LORD your God, you will find him if you seek him with
all your heart and with all your **soul**.

Proverbs 16:24 (NIV)

²⁴ Gracious words are a honeycomb,
sweet to the **soul** and healing to the bones.

Matthew 22:37 (NIV)

³⁷ Jesus replied: “Love the Lord your God with all your **heart** and with all your **soul**
and with all your **mind**.

Next Right Steps:

1. Trust that God's Plan is Bigger than yours
– Proverbs 3:5-6
2. Renew, Restore, Refresh
3. Surround yourself with Godly people that will pour and help RESET God's plan
into
your life

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[This is only a guide – select the points you want to discuss.]

Open your group with a prayer.

Icebreaker: What do you like to do for fun?

How do those activities or hobbies help you grow?

1. Renew Your Mind

Read Romans 12:2

What are some activities in your life that can help RENEW your mind?

Read Ephesians 4:22

How can we be made new in the attitude of our minds?

2. Restore Your Heart

Read Proverbs 4:23

Why must we guard our heart?

Read Psalm 73:26

How can we strengthen our heart?

3. Refresh your Soul

Read Deuteronomy 4:29

How must we seek God?

Read Matthew 22:37

How must we love the Lord?

Read Proverbs 3:5-6

How do we trust God?

Close in Prayer: Trust God in all things to lead and guide you with wisdom this week!

RESET – (RENEW, RESTORE, REFRESH)